

MIAMI SPRINGS

WEEKLY E-NEWS



WELCOME TO OUR NEWSLETTER!
THIS IS A WEEKLY ADDED FEATURE TO THE
CITY'S COMMUNICATION. OUR GOAL IS TO
KEEP YOU INFORMED ON UPCOMING CITY
EVENTS AND NEWS WORTHY HIGHLIGHTS.

IN THIS ISSUE

COVID-19 TESTING & VACCINES

"And if it comes back, I'll keep fighting."

- Nicole Kramer

CITY INFORMATION

NEWS FOR THE WEEK

UPCOMING EVENTS

CITY NUMBERS



OCTOBER IS BREAST CANCER
AWARENESS MONTH, AND SINCE BREAST
CANCER IS THE MOST COMMON
CANCER IN WOMEN IN THE UNITED
STATES AND THE SECOND MOST
COMMON CAUSE OF CANCER DEATH IN
WOMEN, IT'S A GOOD TIME TO TALK
ABOUT HOW WOMEN CAN BE
PROACTIVE ABOUT PREVENTION. HERE
ARE SEVEN BREAST HEALTH TIPS YOU
CAN PUT IN ACTION TODAY.



Maintain a healthy weight.

Research suggests that regular exercise can offer protection against breast cancer, particularly in postmenopausal women. Being physically active for at least 30 minutes a day is one of the best ways to keep your weight in check.



Eat a healthy diet.

A well-balanced diet with plenty of plant foods, fish, and olive oil can decrease the risk of developing breast cancer.



Quit smoking.

Research suggests that there is an increased risk of breast cancer in women who smoke. Women who started smoking during adolescence, long-term smokers, and those who smoke a higher number of cigarettes per day represent a higher risk. Quitting today could help lower your risk of developing breast cancer.



Consider breastfeeding.

Besides the great health benefits for your child, breastfeeding for one year or more has been proven to protect against breast cancer.



Limit alcohol.

Alcohol is associated with an increased risk of developing breast cancer. Women should limit consumption to less than one alcoholic beverage per day. Those who have three or more drinks per week after being diagnosed with breast cancer have a greater chance of disease recurrence.



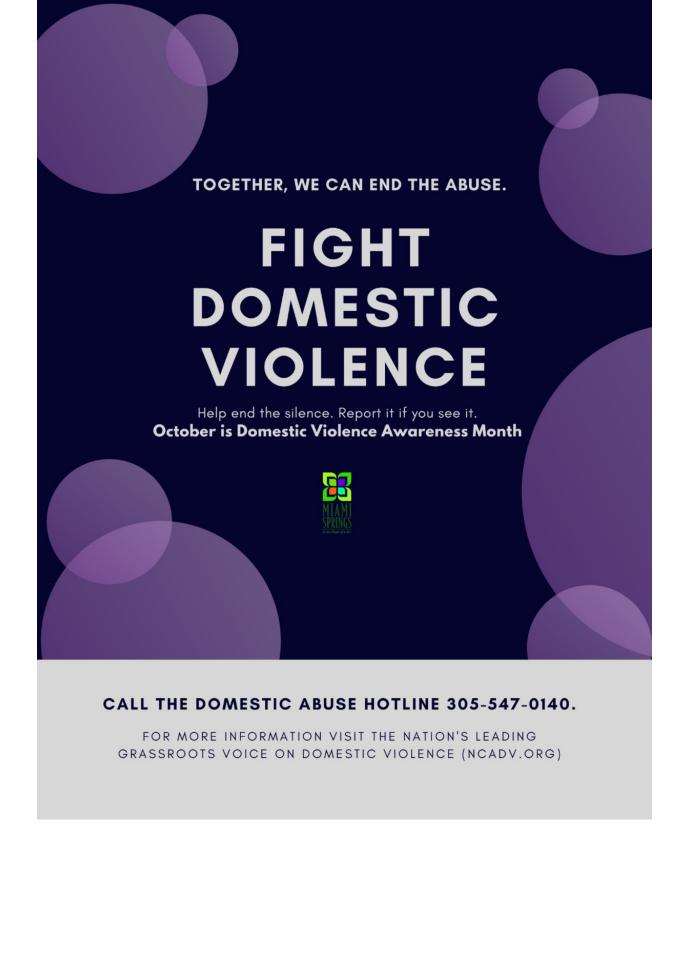
Take your vitamins

especially vitamin D. Some studies show that postmenopausal women with lower levels of vitamin D may have a higher chance of developing breast cancer.



Get screened.

When to begin mammograms and how often is determined by an individual risk for developing breast cancer. In general, women age 40 to 49 are encouraged to share decision-making with their primary care provider. Women aged 50 to 74 years should have a mammogram every two years. Talk with your doctor to determine what's best for you.





Hurricane Ian Donations

HURRICANE IAN HIT FLORIDA AS ONE OF THE MOST POWERFUL STORMS TO TOUCH THE U.S. IN DECADES. THE CITY OF MIAMI SPRINGS ALONG WITH GLOBAL EMPOWERMENT MISSION WILL BE COLLECTING ITEMS OF NEED FOR EVERYONE IN THE STATE OF FLORIDA THAT HAS BEEN AFFECTED BY THIS STORM.

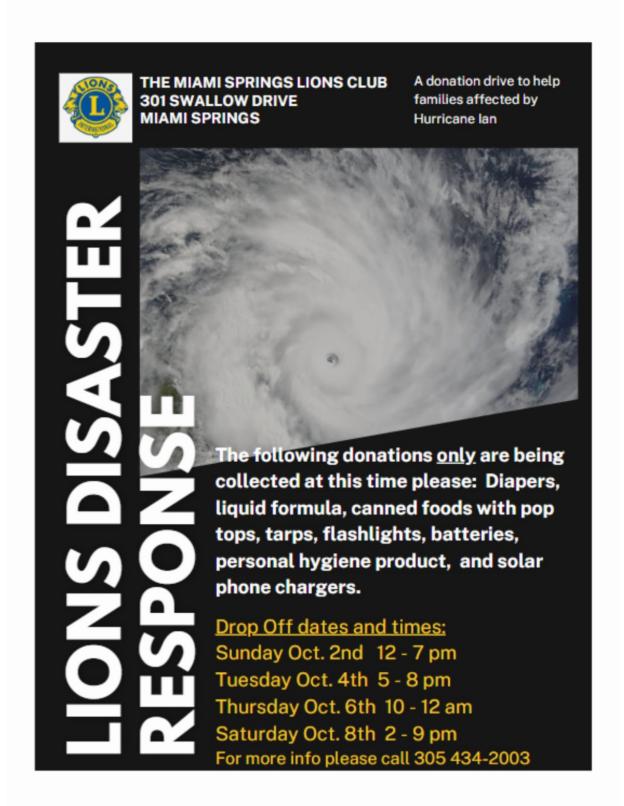
List of items NEEDED

- Tarps
- Bottled Water
- Hygiene Products
- Non-Perishable Foods





Donations accepted at:
Miami Springs Community Center
M-F 6:00AM-9:30PM
Sat 7:00AM-8:30PM
Sun 9:00AM-7:00PM



Joining forces to make a difference for Hurricane Ian victims

GFWC MIAMI SPRINGS Woman's Club



girl scouts
TROOP 1857
TROOP 2564
TROOP 564







MIAMI SPRINGS SENIOR HIGH

COLLECTION SITES & SCHEDULE

MIAMI SPRINGS COMMUNITY CENTER
1401 WESTWARD DRIVE

M-F / 6:00 AM - 9:30 PM SAT/ 9:00 AM - 6:00 PM SUN/ 9:00 AM - 3:00 PM

MIAMI SPRINGS OPTIMIST CLUB
1101 WREN AVENUE

SAT/ 9:00 AM - 6:00 PM SUN/ 9:00 AM - 3:00 PM

MIAMI SPRINGS LIONS CLUB
301 SWALLOW DRIVE
TO BE ANNOUNCED



TARPS, BOTTLED WATER,

HYGIENE & BABY PRODUCTS, NON-PERISHABLE FOODS

SCAN CODE FOR FULL LIST OF ITEMS NEEDED



DONATE TO THE FLORIDA DISASTER FUND

THE FLORIDA DISASTER FUND IS THE STATE
OF FLORIDA'S OFFICIAL PRIVATE FUND
ESTABLISHED TO ASSIST FLORIDA'S
COMMUNITIES AS THEY RESPOND TO AND
RECOVER DURING TIMES OF EMERGENCY OR
DISASTER. IN PARTNERSHIP WITH THE
PUBLIC SECTOR, PRIVATE SECTOR AND OTHER
NON-GOVERNMENTAL ORGANIZATIONS, THE
FLORIDA DISASTER FUND SUPPORTS
RESPONSE AND RECOVERY ACTIVITIES.

DONATE TO THE HURRICANE IAN FUND FOR THE WEST COAST

HTTPS://WWW.VOLUNTEERFLORIDA.ORG/DONATEFDF/





The New Alert Miami Springs is a free service to all Miami Springs residents and business owners. All landline owners will automatically receive a voice-recorded message with important and/or emergency messages.

If you wish to add any other devices, click the button below to register your cell phone, email, home and/or business phone, and hearing-impaired devices. You can enter up to five numbers to receive these alerts (e.g.: home, business, child's school, and/or another family member).

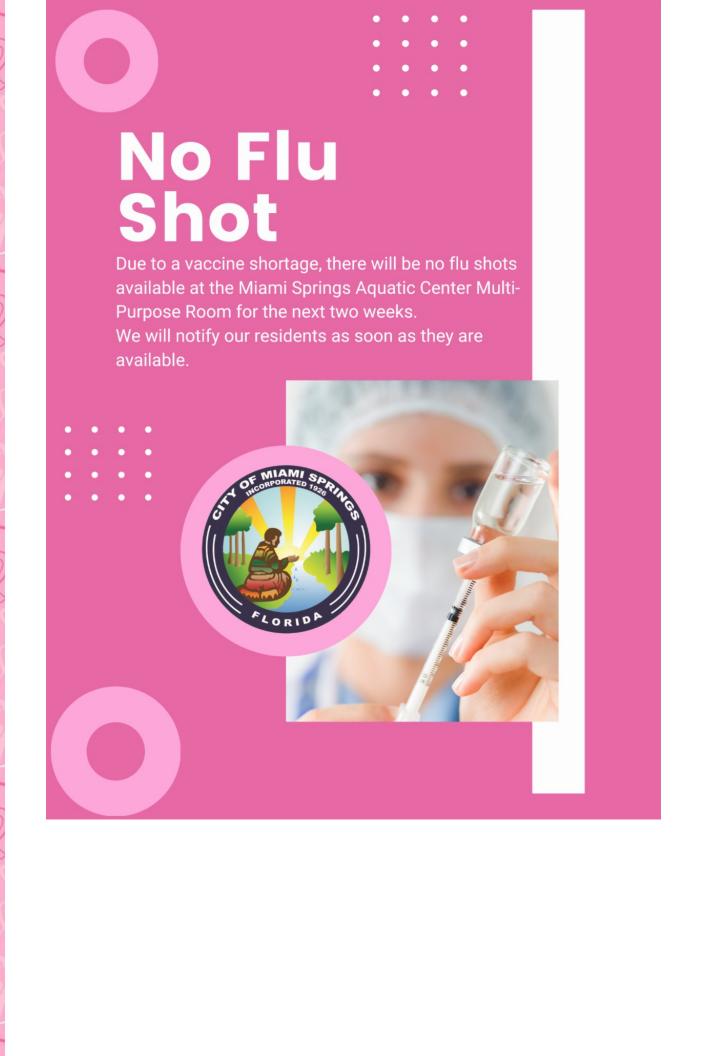
We also encourage you to download the free Everbridge app to stay tuned with the most recent "Alerts".

Remember, if we can't reach you, we can't alert you!

Click the button below to sign up.



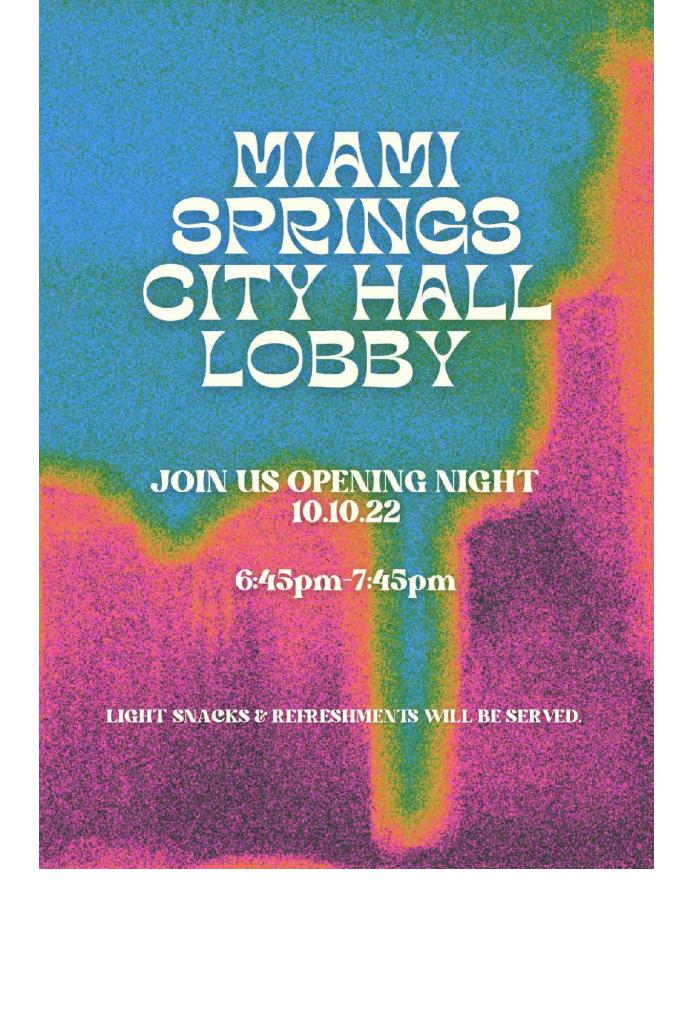








MONTH OF OCTOBER



STUDENT DESIGNED, STUDENT TAUGHT LESSON.

trading cards, featuring all the qualities that make them unique.

Each card showcases their marker, color pencil skills, and individuality. Get to know the students of Miami Springs and witness creative artwork, visit the Miami Springs City Hall exhibition.



THE CITY OF MIAMI SPRINGS IS HIRING

- MAINTENANCE WORKER I
- POLICE DISPATCHER TRAINEE
- POLICE OFFICER (CERTIFIED)
- RECREATION MAINTENANCE WORKER

To apply, please click the link.

https://www.governmentjobs.com/careers/miamispringsfl

ADVISORY BOARD MEMBERS NEEDED

DO YOU LOVE MIAMI SPRINGS? DO YOU WORK OR HAVE EXPERIENCE IN FIELDS THAT COULD BENEFIT THE CITY? THEN WHY NOT GET INVOLVED AND SERVE ON AN ADVISORY BOARD?!

THE DIFFERENT CITY OF MIAMI SPRINGS ADVISORY
BOARDS AND COMMISSIONS MEET ON A REGULAR BASIS
TO REVIEW, ADVISE AND ASSIST THE CITY COUNCIL WITH
DECISIONS IN MANY AREAS THAT AFFECT THE
WONDERFUL QUALITY OF LIFE THAT WE ENJOY.

CURRENTLY, THE FOLLOWING BOARDS HAVE VACANCIES
AND WOULD BE HAPPY TO HAVE YOU:

- ECOLOGY ADVISORY BOARD
- BOARD OF PARKS AND PARKWAYS

IF YOU ARE INTERESTED IN SERVING ON AN ADVISORY BOARD, PLEASE COMPLETE AN APPLICATION BY FOLLOWING THIS LINK: HTTPS://WWW.MIAMISPRINGS-FL.GOV/BC

PLEASE SUBMIT APPLICATIONS TO THE CITY CLERK'S OFFICE EMAIL CITYCLERK@MIAMISPRINGS-FL.GOV. IF YOU HAVE ANY QUESTIONS PLEASE CALL THE CITY CLERK'S OFFICE AT 3085.805.5005.









NOW HIRING

CITY OF MIAMI SPRINGS POLICE DEPARTMENT

- 12 VACATION DAYS PER YEAR (TO START)
- 12 SICK DAYS PER YEAR
- NINE (9) PAID HOLIDAYS PER YEAR
- THREE (3) PAID FLOATING HOLIDAYS PER YEAR
- PAID EMPLOYEE'S BIRTHDAY HOLIDAY
- DEFINED BENEFIT MUNICIPAL PENSION PLAN

- PAID GOLD PLAN MEDICAL INSURANCE
 - PAID DENTAL INSURANCE
 - PAID VISION INSURANCE
 - PAID LIFE INSURANCE
 - PAID AD&D INSURANCE
 - COLLEGE TUITION REIMBURSEMENT
- PAID SHIFT DIFFERENTIAL
- UNIFORM CLEANING ALLOWANCE

ASSIGNED DEPARTMENT TAKE HOME VEHICLE UPON SUCCESSFUL COMPLETION OF PROBATION.

457 DEFERRED COMPENSATION

LATERAL HIRES WITH CONTINUOUS FULL-TIME EXPERIENCE WILL START AT AN ANNUAL BASE SALARY

- \$63,881 (BETWEEN 2 & 4 YEARS)
- \$67,150 (BETWEEN 4 & 6 YEARS)
- \$70,482 (6 OR MORE YEARS)

WWW.GOVERNMENTJOBS.COM/CAREERS/MIAMISPRINGSFL



POLICE OFFICER (MUST BE CERTIFIED)
STARTING ANNUAL BASE SALARY \$60,855
(EFFECTIVE OCT. 1, 2022)



THE CITY OF MIAMI SPRINGS IS AN EQUAL OPPORTUNITY EMPLOYER. HIRING PREFERENCE IS PROVIDED TO QUALIFIED VETERANS AND OTHER INDIVIDUALS COVERED UNDER FLORIDA'S VETERANS' PREFERENCE STATUTE.



TEXT MIAMISPRINGS TO 22828 TO SUBSCRIBE TO OUR WEEKLY NEWSLETTER!





Thank you for not feeding us.. feeding the widelife...





Prevents us from gathering proper empty calories and wild food

Provides us with no nutrition



Keeps us in one location and dependent on you



May cause over population and disease



Pollutes your water



Feeds the rodents as well

IMPORTANT CITY NUMBERS:

Police: 305-888-9711

Public Works: 305-805-5170

City Clerk: 305-805-5005

Building and Code: 305-805-5030

Parks and recreation: 305-805-5075

City Hall: 305-805-5000

Senior Center: 305-805-5160

Golf Course: 305-805-5180





Follow to stay up to date on all future events.

Fall Sports

Halloween Events

Thanksgiving Events

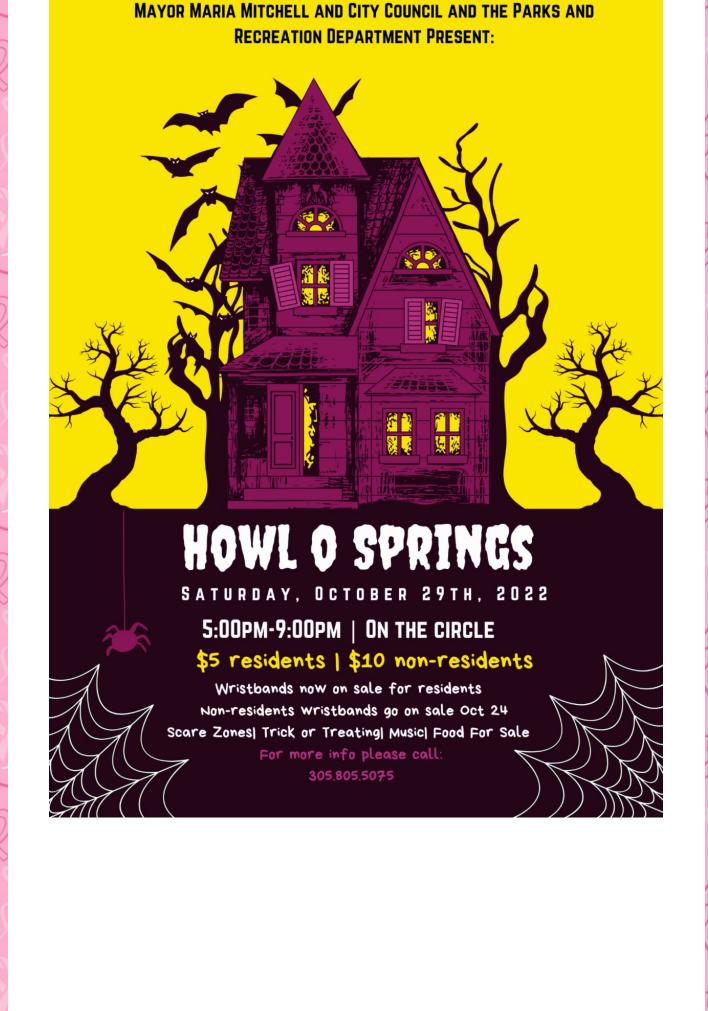
Christmas Events

+ Other Fun Events

For more information contact the parks and recreation department 305-805-5075



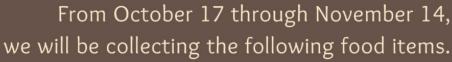




COLLECTION OF THANKSGIVING FOODS

THIS HOLIDAY SEASON,
LET US HELP THE WOMEN AND CHILDREN OF
THE LOTUS HOUSE WOMEN'S SHELTER.





- Canned Corn
- Canned Green Beans
- Canned Cranberry Sauce
- Canned Yams
- Canned Pumpkin Pie Mixture
- Canned Gravy
- Boxed Stuffing
- Boxed Mashed Potatoes
- Boxed Mac and Cheese

*Other items that can be DONATED

- Ground Coffee
- Juice Boxes
- Water Bottles
- Fruit Cups
- Granola Bars





For more info please contact Shannen Jaser at 305.805.5010 or Publicinfo@miamisprings-fl.gov



We're back!

THE WITCHES

A family-friendly, wickedly fun experience you don't want to miss!

New magical surprises & some unexpected visitors!

OCTOBER 20-23

SENSORY FRIENDLY (SF) SHOW ON THURSDAY & FRIDAY

TICKETS ON SALE ON eventbrite



CLICK HERE TO PURCHASE TICKETS



WANT TO BE

THE EYES & EARS

IN YOUR NEIGHBORHOOD?



CITIZENS' CRIME WATCH HAS PROVEN TO BE A FACTOR IN REDUCING CRIME NATIONWIDE. THE MIAMI SPRINGS POLICE DEPARTMENT ENCOURAGES EVERYONE TO PARTICIPATE IN STOPPING CRIME IN THEIR NEIGHBORHOOD AND CITY. FILL OUT AN APPLICATION AND START FORMING YOUR CRIME WATCH GROUP TODAY.

HELP KEEP MIAMI SPRINGS SAFE!

FOR MORE INFORMATION PLEASE FOLLOW THIS LINK BELOW:

HTTPS://WWW.MIAMISPRINGS-FL.GOV/POLICE/JOIN-CITIZENS-CRIME-WATCH

OR CALL: THE COMMUNITY POLICING OFFICE 305-888-5286





Our Mayor and Council are here to serve you. You can contact them by email, phone or text



Mayor Maria Mitchell

mitchellm@miamisprings-fl.gov 305-962-5545



Councilman
Walter Fajet
fajetw@miamisprings
-fl.gov
786-285-3794



Councilwoman
Jacky Bravo
bravoj@miamisprings
-fl.gov
786-831-3332



Councilman

Bob Best
bestb@miamisprings
-fl.gov
786-319-0786



Vice Mayor Victor Vazquez vazquezv@miamis prings-fl.gov 305-833-1830



City of Miami Springs | 201 Westward Dr, Miami Springs, FL 33166

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